

Traumatic Brain Injury Education and Other Resources

Education and Resources for Local Management
Entities (LMEs) and service providers in North
Carolina



Carolinan Rehabilitation

This manual was developed by Project STAR at Carolinas Rehabilitation with support by the
NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services

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Introduction and General TBI

Brain Injury can happen to anyone at any time. Since each brain injury is different, life experiences can vary greatly from one person to the next. Management and coping strategies are essential to rebuilding a quality life for many people. Resources and supports are available to individuals living with brain injury and their families. The information included in this package is intended to provide education about brain injury and a link between people and more fulfilling lives.

A Guide for Direct Support Professionals for the Screening, Assessment & Referral for Persons with Traumatic Brain Injury

Project STAR

877-962-7246

Adults Living with Brain Injury

Rocchio, C., Fleming, P., & Mountz, E. (2004).

Checklists identify the effects of a brain injury on physical skills, vision, hearing, thinking, learning and self-awareness. Includes strategies for protecting others from out-of-control behaviors.

Lash & Associates Publishing/Training Inc.

www.lapublishing.com

919-562-0015

Aging with A Brain Injury

Hibbard, M. (2006).

Tip card provides updated information about growing older, corrects common misunderstandings and provides suggestions for planning for the future.

Lash & Associates Publishing/Training Inc.

www.lapublishing.com

919-562-0015

An Ounce of Prevention...The Leading Causes of TBI and Prevention Tips*Heads Up*

Carolinas Traumatic Brain Injury Rehabilitation & Research System/NIDRR

877-962-7246

www.carolinasrehabilitation.org

Facts About Traumatic Brain Injury

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/ncipc/tbi/FactSheets/Facts_About_TBI.pdf

800-311-3435

In an Instant: A Family's Journey of Love and Healing

Woodruff, Lee and Bob (2007). Random House, Inc., New York

ABC News anchor Bob Woodruff and his wife, Lee Woodruff, tell a story of survival and offer an important, wise and inspiring guide to coping with tragedy.

www.randomhouse.com

Fact Sheet: Traumatic Brain Injury

Information about brain injury, recovery, changes, care giving, resources and readings.

Family Caregiver Alliance

www.caregiver.org

800-445-8106

Lash & Associates Publishing/Training, Inc. Catalog

www.lapublishing.com

919-562-0015

Life is a Journey

Hammond, F., & Guerrier, T. (2006).

Practical, user-friendly manual helps families and others understand the consequences of brain injury.

Lash & Associates Publishing/Training Inc.

www.lapublishing.com

919-562-0015

Mild Brain Injury: AKA Concussion

Project STAR (2008)

877-962-7246

Starting Point Newsletter

Brain Injury Association of North Carolina (BIANC)

800-377-1464

www.bianc.net

The Faces and Facts of Brain Injury

From the North Carolina Traumatic Brain Injury Advisory Council

800-377-1464

www.ncdhhs.gov/mhddsas/tbi/factsheets/tbifacts07-08.pdf

Simplified Brain-Behavior Relationships

Brooke, D. & Meinert, L.

The Brain

Project STAR

877-962-7246

Undiagnosed Brain Injuries in Youths and Adults

Mozzoni, M. & Lash, M. (2002).

Describes undiagnosed brain injuries with checklists and signs, symptoms and changes.

Lash & Associates Publishing/Training Inc.

www.lapublishing.com

919-562-0015

Unidentified Traumatic Brain Injury

TBI Research Review (May 2006). Issue 2.

Mount Sinai Traumatic Brain Injury (TBI) Central

www.mssm.edu/tbicentral/resources/publications/tbi_research

Behavior and Behavioral Strategies After Brain Injury

Behavioral Challenges after Traumatic Brain InjuryLiving with Brain Injury (2007)

Brain Injury Association of America (BIAUSA)

Booklets available for download or may be purchased for \$3 each.

800-444-6443

<http://www.biausa.org/biam.htm>

Brain Injury Rehabilitation: Developing Motivation

HDI Professional Series, Volume 11

Wesolowski, M. (1996). HDI Publishers

800-321-7037

www.braininjurybooks.com

Brain Injury Rehabilitation: Developing Self Control

HDI Professional Series, Volume 14

Wesolowski, M. (1997). HDI Publishers

800-321-7037

www.braininjurybooks.com

Brain Injury Rehabilitation: Developing Social Skills

HDI Professional Series, Volume 9

Burke, W.H. (1997). HDI Publishers

800-321-7037

www.braininjurybooks.com

Brain Injury Rehabilitation: Managing Anger and Aggression

HDI Professional Series, Volume 6

Wesolowski, M. (1996). HDI Publishers

800-321-7037

www.braininjurybooks.com

Head Injury Rehabilitation: Sexuality After TBI

HDI Professional Series, Volume 10

Blackerby, W.F. (1994). HDI Publishers

800-321-7037

www.braininjurybooks.com

Interventions for Behavioral Problems After Brain Injury

Beatty, Carrie. *Premier Outlook* (2004). Volume 4, Issue 2

New York Traumatic Brain Injury Model System

www.premier-outlook.com/

OOPS! Social Skills after Brain Injury

Jacobs, H. (2005).

Tip card explains importance of social skills, identifies receiving and sending skills and addresses challenges for social skills.

Lash & Associates Publishing/Training Inc.

www.lapublishing.com

919-562-0015

Post-TBI Depression

TBI Research Review (2004). No. 1.

New York Traumatic Brain Injury Model System

www.mssm.edu/tbicentral

Post-Traumatic Irritability

Heads Up

Carolinas Traumatic Brain Injury Rehabilitation & Research System/NIDRR

877-962-7246

<http://www.carolinasrehabilitation.org>

What I Really Want is a Girlfriend: Meaningful Social Interaction after Traumatic Brain Injury

Ylvisaker, M. & Feeney, T.

Brain Injury Source. (Summer 2001). Volume 5, Issue 3.

www.lrssl.com/biaa/bookstore.asp#BrainInjurySource

Cognition and Memory After Brain Injury

Brain Injury Rehabilitation: Managing Attention Deficits

HDI Professional Series, Volume 7

Guare, R. (1996). HDI Publishers

800-321-7037

www.braininjurybooks.com

Brain Injury Rehabilitation: Management of Communication and Language Deficits

HDI Professional Series, Volume 20

Ylvisaker, M. (1997). HDI Publishers

800-321-7037

www.braininjurybooks.com

Initiation Problems

Kay, R. J. (1994). *Communication Skill Builders, Inc.*

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Communication: Strategies for Success After Mild Traumatic Brain Injury

Project STAR (2008)

877-962-7246

Memory After A Brain Injury

Strategies to manage memory problems, information about different types of memory.

Lash & Associates Publishing/Training Inc.

www.lapublishing.com

919-562-0015

Memory Matters: Strategies for Managing Everyday Memory Problems

West, D., & Niemeier, J. (2005)

National Resource Center for Traumatic Brain Injury (NRC for TBI)

Memory problems are common after brain injury which often leads to frustration as people struggle to perform everyday tasks. Memory Matters describes familiar problem situations and identifies steps to help manage difficulty with memory and new learning.

<http://www.neuro.pmr.vcu.edu/material/2005catalog/memory.htm>

Neuropsychological Evaluation

National Academy of Neuropsychology, Inc.

patientinformation.org

Practical Suggestions for Problem Solving and Social Communication

Yohman, R. (Summer 1998). *Brain Injury Source*, Volume 2, Issue 3.

www.lrssl.com/biaa/bookstore.asp#BrainInjurySource

Survival Kit

A planner and organizer for survivors and their families. Binder utilizes sections and strategies to assist with various stages of recovery. Eight sections include schedules, treatments tasks/goals, journals, checklists, reminders, etc.

Lash & Associates Publishing/Training Inc.

www.lapublishing.com

919-562-0015

Physical Changes After Brain Injury

Post-Traumatic Fatigue

Heads Up

Carolinas Traumatic Brain Injury Rehabilitation & Research System/NIDRR

877-962-7246

<http://www.carolinasrehabilitation.org>

This is Your Wake Up Call...Sleep Problems After Traumatic Brain Injury

Heads Up

Carolinas Traumatic Brain Injury Rehabilitation & Research System/NIDRR

877-962-7246

<http://www.carolinasrehabilitation.org>

Substance Abuse After Brain Injury

Brain Injury and Substance Abuse: The Cross-Training Advantage

Video and supporting manual about cross-training advantages in the fields of brain injury and substance abuse.

Pdf available for download free. Both the video and manual can be copied free of charge.

Toronto ABI Network

www.abinetwork.ca/bisamanual.htm

Screening for Alcohol Problems Among Persons with TBI

Bombardier, C. and Davis, C.

Brain Injury Source. (Fall 2001). Volume 5, Issue 4.

<https://www.lrssl.com/biaa/bookstore.asp#BrainInjurySource>

Substance Abuse and Traumatic Brain Injury

Living with Brain Injury (2004)

SynapShots

www.synapshots.org

Substance Abuse Issues after Traumatic Brain Injury

Living with Brain Injury (2004)

Brain Injury Association of America (BIAUSA)

Booklets available for download or may be purchased for \$3 each.

703-761-0750

www.biausa.org/aboutbipubs.htm#s

Caregiver Support

Brain Injury Rehabilitation: The Role of the Family in TBI Rehab HDI Professional Series, Volume 19

Guth, M.(1996). HDI Publishers

800-321-7037

www.braininjurybooks.com

Care Notes

Project STAR

Carolinas Rehabilitation

1100 Blythe Blvd.

Charlotte, NC 28203

www.bianc.net

Coping with Brain Injury: An Approach for Spouses

Greer, J.A. & Philbrick, P. (Fall 2001). *Premier Outlook*, Volume 2, Issue 2.

www.premier-outlook.com/

Planning for the Future

Heads Up

Carolinas Traumatic Brain Injury Rehabilitation & Research System/NIDRR

877-962-7246

<http://www.carolinasrehabilitation.org>

Additional Resources on the Internet:

www.caregiver.com

www.thefamilycaregiver.org

www.caregiverslibrary.org

www.caregiving.org

Military and Veterans

Fact Sheet

Defense and Veterans Brain Injury Center

Information about the Defense and Veterans Brain Injury Center (DVBIC) and brain injury. Includes information about services provided by DVBIC.

www.dvbic.org

800-870-9244

Providing Care for Soldiers and Veterans with Traumatic Brain Injury

Defense and Veterans Brain Injury Center

Brochure about the Defense and Veterans Brain Injury Center (DVBIC) and brain injury. Includes information about services provided by DVBIC.

www.dvbic.org

800-870-9244

3 Question DVBIC TBI Screening Tool and Instruction Sheet

Defense and Veterans Brain Injury Center

A screen used by the Defense and Veterans Brain Injury Center (DVBIC) to identify service members who may need further evaluation for mild traumatic brain injury (MTBI).

www.dvbic.org

800-870-9244

Veterans Resources

Project STAR

List of resources, information and options available to veterans in North Carolina.

800-634-2256 ext 51502

Cultural Diversity

Cultural Diversity in Healthcare

SkillPack DHHS/MH/DD/SAS and Project ACCESS.

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www.bianc.net

Traumatic Brain Injury in Gay and Lesbian Persons: Practical and Theoretical Considerations

O'Dell, M. W. & Riggs, R.V.

Brain Injury Source. (Summer 2001). Volume 5, Issue 3

www.lrssl.com/biaa/bookstore.asp#BrainInjurySource

Resources

Brain Injury Resource Directory

Project STAR

Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203

Brain Injury Resource Guide for Survivors and their families

Project STAR

Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203

Community Opportunities for Individuals Who Have Experienced Brain Injury and their Families

Project STAR

Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203

Developing Opportunities for Individuals with Traumatic Brain Injury Through Community Partnerships

Project STAR

Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203

How to Start A Brain Injury Support Group

Project STAR

Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203

www.bianc.net

Resource Book

Brain Injury Association of North Carolina (BIANC)

800-377-1464

www.bianc.net

Additional Resources on the Internet:

- **Brain Injury Association of America**
www.biausa.org
- **Family Support Network of North Carolina**
fsnnc.med.unc.edu/

- **Social Security Administration**
www.ssa.gov
- **North Carolina Council of Community Programs**
www.nc-council.org/
- **North Carolina Guardianship Association**
nc-guardian.org
- **North Carolina Department of Social Services**
www.ncdhhs.gov/dss
- **North Carolina Division of Vocational Rehabilitation**
dvr.dhhs.state.nc.us

Brain Injury Support Groups

Support Group information is subject to change. Please contact one of the **Brain Injury Association of North Carolina Family and Community Support Offices** for additional information.

Asheville
1-866-890-7801

Charlotte
1-877-962-7246

Greenville
1-800-697-3115

Raleigh
1-800-377-1464

Anson County (Wadesboro area) **704-694-3156**
Anson County BI and Cognitive Disability Group **704-695-3233**
Nancy Capel/Cynthia Furr

Asheville **828-277-4868**
Smoky Mountain Brain Injury Support Group
Karen Harrington

Cary **919-231-3325**
Cary Hospital Support Group **919-460-9094**
Leslie Johnson/David Baack

Chapel Hill **919-966-8813**
UNC Rehabilitation Brain Injury Support Group
Karla Thompson

Charlotte, NC
Carolinas Rehabilitation Inpatient/Outpatient Family Care **704-355-1502**
Peggy Philbrick

Charlotte Area Brain Injury Association **704-355-1502**
Carolinas Rehabilitation
Sally Rickard

Couples Night Out Support Network **704-355-1502**
Peggy Philbrick

Spouse Support Group **704-355-1502**
Peggy Philbrick

Cleveland County **704-434-5624**
BI Support Network
Carolyn Costner

Concord, NC **704-888-4110**
Concord Area Brain Injury/Spinal Cord Injury Support Network
Margaret Love/Gayle Pittman

Durham **919-529-1241**
Durham Brain Injury Support Group
Shani Cohen

Fayetteville <i>Fayetteville Brain Injury Support Group</i> Ellen Sherling-Morales	910-486-1101
Fort Bragg Beth Thomson	910-907-7898
Gaston/Lincoln County <i>To Be Included</i> Shirley Moore	704-884-2500
<i>Brain Injury and Stroke Support Group</i> Tracy Iradi	704-671-5738
Goldsboro <i>The Overcomers</i> <i>Brain Injury Rehab That Helps</i>	800-697-3115
Greensboro <i>Greensboro Brain Injury Support Group</i> Lucy Hoyle	336-832-7450 336-319-2214 (pager)
Greenville, NC <i>Down East Survivors</i> Cynthia Asby/Darlene Wetzel	800-697-3115
<i>Pediatric Support Group</i> <i>for the Brain Injured Child and their Families</i> Montigne Hassett	252-847-6971
Henderson <i>Kerr Lake Brain Injury Support Group</i> Mike Scott	252-738-0707
Hickory <i>Catawba Valley Brain Injury Association</i> Crystal Podger/Pat Benfield	828-304-9096
High Point <i>Brain Injury Alliance of High Point</i> John Peeler/Kitty Barringer	336-887-0745 336-885-7627
<i>Brain Boosters Support Group</i> Diane Rankin	336-889-7922
Jefferson <i>High Country Brain Injury Support Group</i> Wylene Taylor	336-246-4542

Lenoir/Caldwell County <i>Foothills Area Brain Injury Support Group</i> Please call Pam Gilbert	828-758-0463
Lincolnton <i>Lincolnton Brain Injury Support Group</i> Melody Thompson/Ruby Vincent	704-735-5633
Mooreville/Lake Norman <i>Lake Norman Brain Injury Support Network</i> Sylvia Whitmire	704-224-6069
New Bern <i>Coastal Brain Injury Support Group</i> Amy Davis	252-514-2918 252-670-6625 cell
Raleigh <i>Triangle Brain Injury Support Group</i> Monica McGrath	800-377-1464
Rocky Mount <i>Over the Bridge Brain Injury and Stroke Support Group</i> Emily Ellis, LCSW	252-451-3704
Stanly County <i>BITS of Stanly County</i> Oakboro, NC Margaret Owen	704-485-2483
Statesville <i>Surviving Angels</i> Kim Munro	704-528-0399
Sylva <i>TBI of the Mountains</i> Joy McMillan	828-497-5786
Union County <i>Union County Area Brain Injury Support Network</i> Peggy Philbrick	704-355-1502
Wilmington <i>Wilmington Brain Injury Support Group</i> Vance Williams/Jayne Sanderson	910-815-5618 800-778-7033
Winston-Salem <i>Back On Track</i> Robin Alexander/Lilana Hines	336-718-3407 336-718-5736

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State of North Carolina Department of Health and Human Services

www.ncdhhs.gov www.ncdhhs.gov/

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